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Bangalore Mirror

TEMP Max 28 | Min 18 | Humidity 51% Partly Cloudy Sensex 73,327 | Nifty 22,097 | Gold 62,554 | Silver 72,520 | Dollar 82.87 | Euro 90.75 | GBP 105.41

How revival methods considered unscientific by experts, lack of sewage treatment plants are harming waterbodies

FLOW PROFILE

Waterbody 'rejuvenated' a year ago utilising Rs 1 cr CSR fund

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Nearly a year after the rejuvenation of the Shikaripalya Lake in Electronic City, residents have filed a complaint with the National Green Tribunal.

According to residents, the bund of the waterbody was allegedly broken by miscreants.

They told BM that Shikaripalya Lake, after a year of its rejuvenation, is now on the brink of drying up as water from rajakaluve is being diverted to the Maragondanahalli Lake downstream.

Residents have also filed a complaint at the Karnataka State Pollution Control Board to highlight the issue but no action has been taken so far.

The Shikaripalya waterbody was rejuvenated nearly a year ago utilising Rs 1 crore Corporate Social Responsibility fund employing unconventional rejuvenation methods with raw sewage filtered through filtration bunds.

Water from the rajakaluve reaches the main lake after passing through the filtration bunds. However, during heavy flow, the filtration bunds overflow, according to residents.

This also led to mosquito breeding, and a foul order in the area.

According to residents, around March 2023, some miscreants broke the bund and

CONTINUED ON PAGE 8 »

PAGE 4
CITY OF SAD LAKES

> "Criminal cases should be filed by KSPCB against those behind rejuvenation
> — Ram Prasad, lake activist

Green setback

NGT notice to state forest dept as massive 12,850 sq km loss of green cover in Cauvery basin

| Garima Prasher
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TWEETS @BangaloreMIRROR

The National Green Tribunal has served notice to the Principal Chief Conservator of Forests (PCCF), Karnataka Forest Department after a massive drop in area under green cover in the Cauvery basin over the past five decades was highlighted by researchers at the Indian Institute of Science.

The suo motu notice was taken up by the tribunal citing a news item based on the IISc report, which revealed that natural vegetation on nearly 12,850 sq km of land in the Cauvery basin was lost in the last 50 years (from 1965 to 2016).

Notices in this regard have also been issued to the Ministry of Environment, Forest and Climate Change (MOEF&CC), Forest Survey of India (FSI), southern zone Bengaluru, PCCF of Kerala Forest Department and PCCF of Tamil Nadu Forest Department.

"…Karnataka has lost much more than any other state in the basin. As per the said report, the natural vegetation cover went down by around 46% in these years. It has been opined that the quantum of reduction of dense vegetation was 35% (6,123 sq km) and that of degraded vegetation was 63% (6,727 sq km). As per the said report, areas that suffered adverse changes in the extent of forest cover include Brahmagiri

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Love for Yakshagana

One of the most renowned Odissi dancers, Madhulita Mohapatra, along with her student, Sahana R Maiya, is collaborating with established Yakshagana artists, Guru Shri K Krishnamurthy Tunga and Chithkala K Tunga. The performance is part of the 7-day Fusion Music and Dance Festival organised by Bharatiya Vidya Bhavan (Bengaluru) and the Infosys Foundation. The fusion dance presents the traditional dance forms of Odissi and Yakshagana to retell the timeless saga of Savitri and Satyavan.
Where: Khincha Auditorium, Bharatiya Vidya Bhavan, Race Course Road
When: Saturday, January 20; 7 pm

02 Crafts in season

The Grand Rajasthani Exhibition is back in town with the latest collection of artistic goodies. The exhibition-cum sale has been organised by Maaruthi Enterprises. You can explore a range of handicrafts, including Odisha tie and dye, handlooms, jewellery, carpets, jutis, marble crafts, Odisha Pattachitra painting, Madhubani paintings, and more.
Where: Banashankari Mahila Samaja, 45, 30th Main, near South Indian Bank, opp D-Mart Devegowda Petrol Pump, Banashankari 3rd Stage
When: until January 20; 10am to 9 pm

03 Theatre art

Grab the chance to attend the creativity and theatre orientation, Un-Adulting, by Yours Truly Theatre. Break from your daily routine and discover the artist within you. If you are looking to explore your creative side, this is a perfect opportunity for you, and you do not need any experience to participate here. **Where: Atta Galatta, 178, 5th Main, 9th Cross, 1st Stage Indiranagar (opp Café Terra)**
When: Friday, January 19; 3 pm-5 pm

Beyond lesson plan

Education dept's circular about unauthorised schools faces stiff criticism; educationists talk of lack of clarity in order, rampant corruption

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The associations have questioned the actions of officials who had previously authorised the so-called unauthorised schools

The education department's stern approach towards unauthorised schools in the state has drawn criticism from school associations, claiming dissatisfaction with the circular. The Karnataka Associated Management of Primary and Secondary Schools (KAMS) General Secretary, D Shashi Kumar, told Bangalore Mirror, "We are shocked to see another circular related to unauthorised schools. The lack of clarity in the circular is causing more trouble, and we suspect that this is the work of a few officials, leading to potential corruption."

Kumar further stressed ongoing communication with higher authorities regarding the issues but expressed disappointment in receiving such circulars. The circular suggests either relocating students to other schools or shutting down schools, a proposal deemed unacceptable by the school associations. Confusion also arises regarding the opening of additional sections, particularly whether it requires an extra section for more than 40 students.

He questioned the actions of officials who had previously authorised the so-called unauthorised schools and are now attempting to take action against them. While acknowledging the need to close unauthorised schools and take appropriate action, he stressed the importance of preventing corruption and highlighted the legal complexities and lack of clarity in the circular, urging the government to withdraw it and issue a revised version that addresses their concerns comprehensively.

> **"We are shocked to see another circular related to unauthorised schools. The lack of clarity in the circular is causing trouble** –D Shashi Kumar

In a recently issued circular, the education department stressed that school administrations must notify parents and the department a year in advance if they intend to close a school mid-academic year. Failure to comply may result in criminal cases. The circular also mandates the publication of lists of schools teaching the Central Syllabus unofficially under the jurisdiction of block education officers. Officials are tasked with ensuring no unauthorised schools operate, and failure to do so may lead to disciplinary action. Monthly reports on actions taken should be submitted by officers who need to verify reports and take necessary action during school visits. Any lapses should be reported to the respective range director. The overarching goal is to eliminate unofficial schools statewide, with responsibility falling on officials for schools teaching unauthorised curricula.

In response to the circular, Lokesh Talikatte, the president of the Recognised Unaided Private Schools Association (RUPSA), said, "The order to publish the list of unauthorised schools is unfortunate, as it targets thousands of schools, especially Kannada media and budget schools in rural areas and slums of the city. These schools play a crucial role in providing quality education to poor and underprivileged children."

Talikatte pointed out the existence of numerous unofficial schools in Bengaluru for many years, openly operating without proper accreditation. He raised concerns about the impunity enjoyed by schools owned by powerful politicians and influential individuals, making it challenging for the department to take necessary actions against them. He appealed to Chief Minister Siddaramaiah to intervene in the matter and protect Kannada media and budget schools, stressing their significant contribution to providing education to marginalised communities.

Calcium dose: 'High or low, it's equally effective'

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A recent study conducted in Bengaluru and Dar es Salaam, Tanzania, found that low-dose calcium supplementation was equally effective as high-dose supplementation in preventing preeclampsia. The study titled 'Two Randomised Trials of Low-Dose Calcium Supplementation in Pregnancy' was published in The New England Journal of Medicine. The study was conducted on 11,000 nulliparous pregnant women by a team of researchers led by Dr Pratibha Dwarkanath and Prof Anura Kurpad from St John's Research Institute and St John's Medical College. The Indian study was part of two independent trials on a similar number of women, and the other trial was conducted in Dar es Salaam, Tanzania. According to the research study, hypertensive disorders of pregnancy, which include preeclampsia, complicate 2–8% of pregnancies and are estimated to cause 45,000 maternal deaths annually. These disorders are also associated with an increased risk of preterm birth, the leading cause of death among children worldwide.

Calcium supplementation in pregnancy has been recommended by the World Health Organisation (WHO) since 2011 to reduce the risk of preeclampsia in populations with low dietary calcium intake. The recommended dose is 1,500–2,000 mg of calcium daily, divided into three doses for pregnant people in populations with low dietary intake, in order to reduce the risk of preeclampsia. The complexity of the dosing scheme has, however, led to implementation barriers. In the study, two independent randomised trials of calcium supplementation in India and Tanzania were conducted to assess the noninferiority of a 500-mg daily dose to a 1,500-mg daily dose of calcium supplementation. The pregnant women were recruited at <20 weeks of gestation and were followed up until delivery.

Dr Pratibha Dwarkanath, Associate Professor, Division of Nutrition, St John's Research Institute, said, "The study found that low-dose calcium supplementation was equally effective as high-dose supplementation in preventing preeclampsia. In the India trial, the incidence of preeclampsia was 3.0% for women taking 500 mg/day and 3.6% for those taking 1,500 mg/day. In Tanzania, the incidence was 3.0% and 2.7%, respectively."

Regarding preterm birth, results varied between trials. In India, the incidence was 11.4% for low-dose and 12.8% for high-dose, indicating similar effects. In Tanzania, the rates were 10.4% and 9.7%, respectively. However, when pooling data from both trials, the study found no significant difference in the effect of low-dose versus high-dose supplementation on preterm birth, she added.

Trials were funded by the Bill and Melinda Gates Foundation, in collaboration with the Harvard TH Chan School of Public Health.

Accident-prone area: Life is racing by on CMR Road

Lack of divider, speed-breaker is making area a hotspot for speed devils

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Residents along CMR Road in Kammanahalli, near Cafe Azzure, were jolted awake by the sound of yet another car crash in the early hours of Sunday. This time, a car carrying two young victims had lost control, ending up on the footpath with significant damage to the vehicle's rear.

This accident sheds light on the recurring challenges faced by residents on this stretch of road, extending from Hennur Cross to Kammanahalli signal. The absence of speed breakers or dividers has created an environment where both bikes and cars frequently speed for "fun", residents tell BM.

As locals expressed concerns, the question arises: How many more accidents must occur before proactive measures are taken to enhance road safety in this area?

Naman who recently shifted in the area says that within two months of moving into his new apartment he has witnessed several accidents on the road.

"As soon as I shifted here, my neighbours told me this is a very accident-prone area. There are small lanes near the café, where one can easily spot youngsters speeding on bikes with modified silencers. And even when it's not the peak rush hour, one can spot people rushing in the narrow lanes. From 8:30 pm till 12 am, we hear loud noises of people racing in the streets," said Naman.

Another resident added that the people in the area have gotten used to it as small mishaps keep happening.

"Initially we were scared, but now we know how the traffic works in the area. Just yesterday, we saw a car go off the road and the drivers were young boys. I don't know what happened to them after they were taken to the hospital, but now we hear about the accidents every week," said Unmesh.

Another resident claimed that they have spotted cops only in the Kammanahalli signal and not anywhere else.

"The traffic cops are there to collect the fines for parking and stopping people and putting clamps on the vehicles. I have not seen them where the traffic is high and people are speeding. Even during Sunday's incident, there was no cop nearby. When we called them and they came, they took care of things. But traffic cops are not only there to take people to hospital and file complaints, they should be there to stop accidents and speeding in the first place," he said.

4 killed in 4 separate accidents since Sunday

Four individuals have lost their lives in separate road accidents in the city since Sunday accidents. While two of them were involved in self-accidents, two others died in collisions with other vehicles.

One of the incidents involved Chandrashekhar, 48, who died while he was on the way with his children to a restaurant for lunch on Sunday afternoon. The accident occurred when an auto driver hit their bike, causing Chandrashekhar to lose control. The children escaped narrowly, but Chandrashekhar succumbed to his injuries at the hospital.

In a separate case, a 20-year-old construction laborer named Nagesh lost his life in a collision on Bengaluru-Bellary road. While heading for tea with friends, he was hit by a bike and rushed to a nearby hospital, where he passed away during treatment.

Another tragedy unfolded in Banaswadi, where a 25-year-old software engineer, Melwin Joshua, died after losing control of his car. The collision involved another car, a tree, and ultimately a house gate on CMR Road. Melwin, who sustained head injuries, succumbed to his injuries after being rushed for treatment.

In a separate accident, a 22-year-old private firm employee, Umang Bohra, lost control of his bike on Begur-Electronic City Road. He is said to have been driving under the influence of alcohol and so he had a fall and sustained fatal injuries, ultimately succumbing during treatment. **BMB**

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CITY'S LAKES IN TROUBLE

Lakeside story: A sudden pause in progress unfolds

Residents of Hulimavu and HSR Layout voice frustration over abrupt halt in restoration efforts for Hulimavu Lake and Somasundrapalya Lake post state elections

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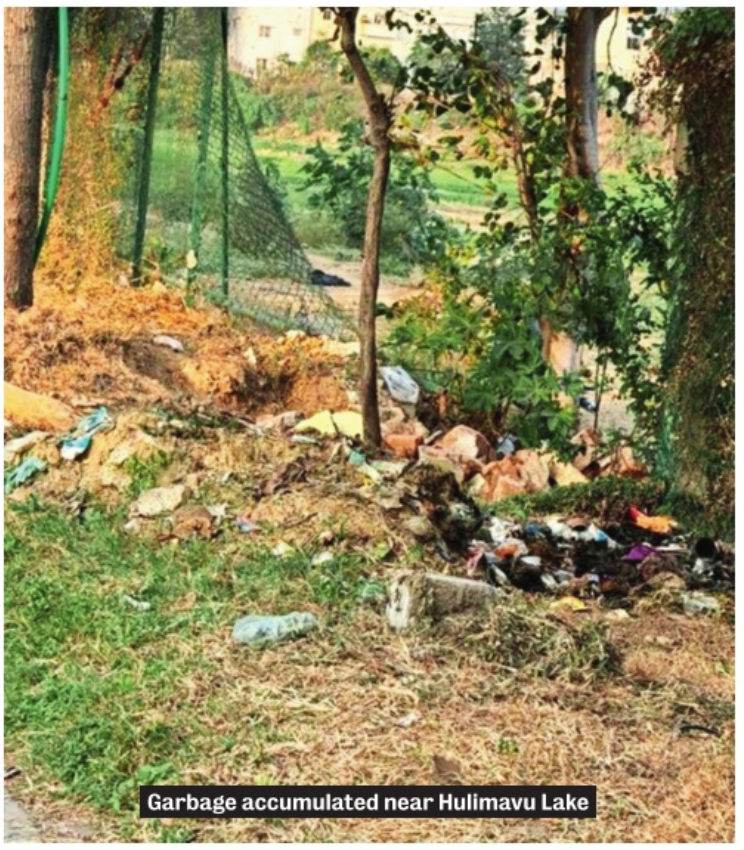
Residents living near Hulimavu and HSR Layout have raised concerns about a halt in the restoration efforts for Hulimavu Lake and Somasundrapalya Lake, respectively. Despite ongoing developmental work last year, the projects came to a standstill after the state elections. Unfortunately, restoration activities have not resumed, leaving both lakes in a state of limbo. The residents are urging officials to restart the work promptly to ensure the continued development and conservation of these lakes.

Residents report that there was a sudden pause in ongoing conservation efforts following the state elections. The Bengaluru Nava Nirmana party (BNP) has highlighted that the reasons for this abrupt halt are multifaceted, encompassing administrative changes and bureaucratic delays, ultimately affecting the timeline for completing these critical projects. The discontinuation of work has led to a void in lake management, transforming it into a garbage dump.

Martha, a resident of Hulimavu said, "Several months ago, when the lake rejuvenation initiative began, it showed significant promise. Unfortunately, after the state elections, the rejuvenation efforts came to a halt. Since then, the garbage problem has escalated, making the lake unsuitable for use by residents. It's disheartening to witness how changes in government can affect the maintenance of the city's water bodies, despite it being the responsibility of every government, regardless of who is in power."



Garbage accumulated near Hulimavu Lake

BNP alleged that their team made an effort to inform the officials about the garbage issue around the lake; however, no concrete action has been taken by the authorities. "The authorities only respond and clear the garbage when a complaint is lodged, but the problem persists as the garbage is dumped again the following morning. This has become a recurring issue," said the resident.

Speaking about the conditions of Somasundarapalya Lake, Kamesh Rastogi, a resident of HSR Layout said, "Several initiatives at Somasundarapalya Lake including fencing, building washrooms, Kalyani development, lake water cleaning, walking track completion, and the installation of proper gates, security guards, and informational boards, have come to a sudden standstill. These projects were originally to be completed by March 23, but unfortunately, there is no ongoing work, and citizens have been left without updates on the reasons for this abrupt halt."

Srikanth Narasimhan, BNP Founder & General Secretary said, "The government must address the challenges hindering the progress of these civic projects promptly. Clear communication regarding the reasons for the delays, a transparent timeline for the resumption of works, and a commitment to releasing the necessary funds are essential to keep track of civic projects and the citizens deserve to know progress on civic projects."

BNP alleged that the reason behind the suspension of works in these lakes is the delay in the release of funds by the government

BNP also alleged that the reason behind the suspension of works in these lakes is the delay in the release of funds by the government, the allocation of funds for civic projects is a complex process, and changes in government, along with shifting priorities often lead to administrative bottlenecks.

Allalasandra lake's unseen sorrows

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Residents of Allalasandra and surrounding areas were delighted to have had an opportunity to meet with the Bruhat Bengaluru Mahanagara Palike (BBMP) Zonal Commissioner (Yelahanka) a few months ago to discuss the developmental works of Allalasandra Lake. They expected the Zonal Commissioner to address the problems and complete the developmental works, but unfortunately, much of the development remains a non-starter. The residents and those who visit the lake are urging the Zonal Commissioner to prioritise developmental works to preserve the lake and prevent any health issues for people residing in the vicinity of the water body. Residents are specifically demanding the removal of the idol immersion pond, which has become a health hazard. The people visiting the lake for walks in the morning and evening are finding it difficult to cope with bad odour emanating from the defunct pond that is filled with garbage and weeds. "I want the BBMP authorities to remove the defunct idol immersion pond at the entrance of the lake as the BBMP has already constructed a new pond on the other side of the lake. Some people continue to throw garbage into the defunct pond," said Govindaraj, a senior citizen.

Bangalore Mirror published a story – Pristine dream turned troubled stream – on November 1, narrating how Allalasandra Lake craves for the attention of the authorities concerned and how people who visit the lake for a walk find it tough due to lack of basic facilities. Speaking on the condition of anonymity, a resident has stated that the defunct pond has become a breeding ground for mosquitoes. "It is a shame on the BBMP authorities for not closing or demolishing the defunct pond. Some residents have experienced health problems due to the unhygienic condition of the pond. Two months ago, the BBMP authorities promised to demolish the defunct water pond. I do not know what is preventing them from completing the task," said the resident. Additionally, the resident emphasised that the authorities need to increase the number of security guards to keep a vigil on miscreants who misuse the lake premises.

R Ashok, a resident, mentioned that while the water supply to the toilets has been restored, developmental works such as the construction of a basketball court and a park remain incomplete. "All the street lights installed along the lake bund are not functioning. Some lights are functional, but these are covered by tree branches. I appeal to the BBMP authorities to make arrangements for trimming tree branches on the lake and to ensure proper lighting in the evening," he said. However, BBMP Zonal Commissioner (Yelahanka) was not available for comment.

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Sanitation situation

Sabri Nagar

Individuals are indiscriminately dumping garbage and engaging in public urination near houses, and the BBMP needs to take prompt action to eliminate this problematic black spot.

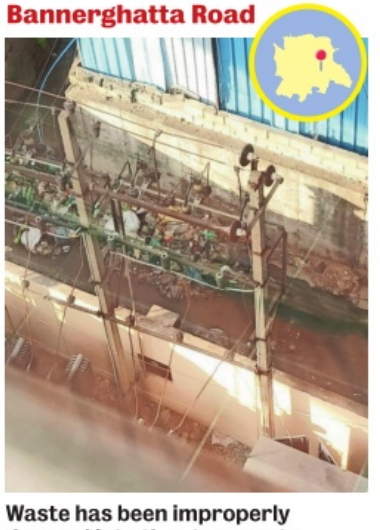
Divider distress

Indiranagar

The road divider at the signal near ESI Hospital, Bangalore, specifically at Appareddipalya, is causing concern due to its inadequately designed structure.

Clogged waters

Bannerghatta Road



Waste has been improperly dumped into the storm water drain next to Savoury Restaurant near Dairy Circle, resulting in the clogging of the drain.

Science meets spirituality in annual celestial unveiling

Bengaluru's ancient marvel illuminates as sun rays align with architectural precision at Gavi Gangadhareshwara Temple

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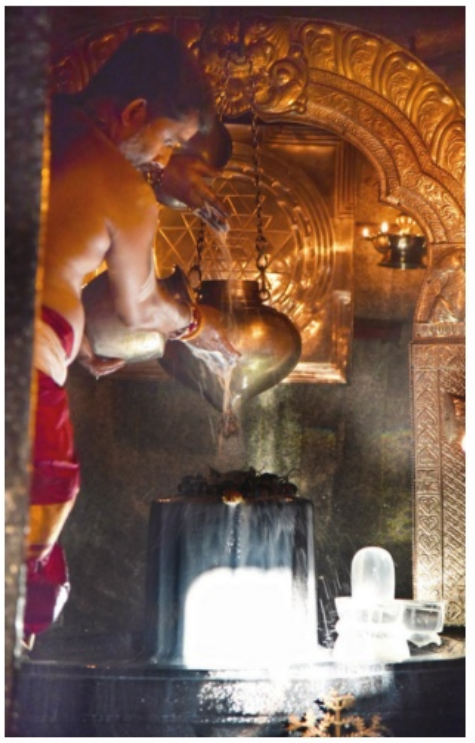
In Bengaluru, the annual celestial marvel at Gavi Gangadhareshwara temple unfolded with the sun's rays illuminating the Shiva Linga on Makar Sankranthi. This astronomical spectacle attracts both worshippers and scientists to the temple, revered as an astronomical laboratory. The temple's architects intentionally designed it so that, on Sankranthi, the sun's rays traverse through Nandi's horns, brilliantly illuminating the Lingam.

The head priest, Somasundar Dixit, explained the astrological significance, marking Makar Sankranthi with the sun's entry into Makar Rasi. This event signifies the Sun's northward movement, indicating the onset of summer or Uttarayana. Dixit elaborated on the increased power of the sun during this period and its potential impact on human beings.

To accommodate the large crowd, the temple made arrangements, including LED screens for live viewing. Gavi Gangadhareshwara temple, believed to be constructed by Kempe Gowda, showcases profound knowledge in architecture and astronomy. The stone bull's horns ingeniously crafted outside the temple allow the sun's rays to pass through and illuminate the Shiva Linga inside the cave.

Researchers P Jayanth Vyasanakere, K Sudheesh, and BS Shylaja conducted extensive studies on the temple. They reported that sun rays originating from the southwestern part traverse through an arch and a pair of windows, passing through Nandi's horns to illuminate the idol.

Alterations in the temple's architecture over the past 200 years were noted. Extended observations suggested that two large discs in the courtyard align with the summer solstice. The bronze pillar's shadow aligns with the vertical marking of one disc, a detail overlooked for years. The temple uniquely incorporates markings for both solstices, with an old painting from 1792 suggesting the sunlight passage initially marked the winter solstice. Subsequent constructions adapted it for January 14 (and November 30), with the summer solstice event forgotten.



File photo of the Sun's rays falling on the deity on Makara Sankranthi

The phenomenon observed on January 14 was confirmed on November 30 and December 1, showcasing an overlooked event.

Apart from its astronomical significance, the temple boasts unique features, including an image of Agni, possibly the only one in South India, and a representation of Shakti Ganapathi with 12 hands. Four monolith pillars in the courtyard symbolise Damaru, Trishul, and two fans. Gavi Gangadhareshwara temple stands as a testament to ancient wisdom, blending spirituality and scientific marvel in the city.

KAUSHIK JN

Harvest harmony Residents of Sudhamanagar ushering in the harvest season by celebrating Sankranthi

Palike's park patrol: Miscreants beware!

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After larger parks such as Cubbon Park, the Bruhat Bengaluru Mahanagara Palike (BBMP) is planning to deploy security guards in some of its smaller parks across various zones in Bengaluru. The tender called for Rs 92 lakhs for the West Zone. Smaller parks near residential areas constitute the only green space in the ever-growing and developing Bengaluru. However, there is often a lack of security in these premises, discouraging their frequent use by citizens. The parks are frequently poorly maintained and prone to misuse by miscreants. To address this problem, the BBMP is planning to hire an agency to provide security personnel for some of its larger parks.

"We are planning to deploy security personnel for some of the larger parks in BBMP zones. Parks will be chosen based on their higher footfall and area. We have observed that there are some larger parks in the East, West, and South zones of BBMP limits. The primary tasks of these security guards will be to oversee park property and manage the crowd. They will also be responsible for opening and closing the parks," said a senior BBMP official from the Horticulture Department.

Many BBMP parks also have open gym equipment that needs protection from miscreants. BBMP recently called for a tender to hire an agency for the West Zone at an estimated cost of Rs 92,87,000. Tenders were issued for parks in Malleshwaram, Gandhinagar, Chamarajpete, Rajajinagara, Mahalakshmipuram, and Govindarajanagara.

Pick up the call, please

24/7 animal helpline provided by Animal Husbandry and Veterinary Services (AHVS) is not operational yet; activists urge immediate revival of hotline

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TWEETS @BangaloreMirror

This helpline has been used by many in past for issues like animal injury, medical aid, etc.

The Animal Husbandry and Veterinary Services (AHVS) round-the-clock helpline for animals is yet to become functional. The hotline (8277100200) abruptly stopped running in November 2023. According to animal welfare workers, while officials from AHVS informed them that the helpline would get back online starting December 1, 2023, it is still not functional.

Welfare workers say the idea behind the helpline, an initiative by AHVS and Karnataka Animal Welfare Board (KAWB), is to address animal suffering by aggregating, harnessing, and leveraging animal rescuers and shelters, along with government vet care. While many have used this 24/7 helpline for any animal injury, medical aid, abuse, or cruelty cases in the past, they say they have been left hanging since November last year and have not been able to report such issues.

"This phone, WhatsApp number, and Twitter handle have been given to everyone to report any animal-related issues. As we speak, due to a lack of a helpline, hundreds of animals could be lying on the road, whether it is a pet run over, a cow mangled, or an unreported animal suffering. Is animal welfare no longer important or a priority? Is it okay that after setting up a good facility and a platform for action, you are leaving animals to die?" asked an animal welfare activist in the city.

Activists say the helpline and the call centres should be revived immediately. Otherwise, not only will more animals suffer, but already stretched rescuers and animal lovers will be put into hardship in an attempt to care for them.

NGOs have also appreciated the helpline. "This is the only round-the-clock helpline available for animals in the state. The other helpline, 1962, operates between 10 and 6 pm only. Moreover, the 24*7 helpline was also popular among rescuers, and its abrupt closure has left many confused and helpless. Animal rescuers have been spending a lot of money from their pockets on rescue cases. This has added to their hardship," said another city-based animal welfare activist.

According to AVHS officials, the abrupt pause is because the tender for the helpline is still pending renewal.

"The tender process for the helpline is pending, and thus it has been temporarily shut down. Restarting the helpline, however, will take at least a couple of months, if not more. That if AVHS immediately floats the tender and accelerates the process," said an AVHS official.

> **This is the only round-the-clock helpline available for animals in the state. The other helpline, 1962, operates between 10 and 6 pm only**
>
> –an animal welfare activist

BangaloreMirror
Shutdown of animal helpline after authorities fail to renew contract has activists up in arms
LOST CALLS OF THE WILD

BM's report on December 9, 2023 about AHVS not taking measures to renew the contract for operating the helpline for animals

Court extends Suchana Seth's police custody

A Goa court on Monday extended by five days the police custody of artificial intelligence (AI) startup CEO Suchana Seth, arrested for allegedly killing her four-year-old son at a service apartment in the coastal state.

The 39-year-old Seth was arrested on January 9 from Chitradurga district of Karnataka while she was heading to Bengaluru in a cab. Initially, she was sent to six days' police custody, and on Monday, her custody was extended by five days.

Deputy Superintendent of Police, Vishwesh Karpe, told IANS, "Seth was produced in court today, and her custody was extended by five days."

According to the police, Seth, who is a native of West Bengal, was settled in Bengaluru. She was married to a Keralite, and the couple is now divorced. She had checked into a service apartment in Candolim, north Goa, on January 7 with her four-year-old son and left for Bengaluru the next day after allegedly committing the crime, police said.

Police said that the incident came to light after housekeeping staff went to clean the apartment on Monday and noticed some bloodstains on the floor of the room. **–IANS**

3 killed, 6 injured in road accident

Three people were killed while six others sustained critical injuries after a Bolero vehicle turned turtle in the Davanagere district of Karnataka on Monday.

The police said that the accident took place when the driver tried to avoid crashing into a cow. The deceased have been identified as Nagaraj (38); Manjunath (45); and Gowtham (17), all residents of Chandanakere village in Bhadravathi.

Police said that the incident took place near Chinnikatti village in Nyamati taluk of Davanagere district. The victims were returning from work.

Nyamathi Police have rushed to the spot and shifted the injured to the hospital.

The police said that the investigation is underway. **–IANS**

BM Trippin' Tales

Consumer Connect Initiave

Explore the enchanting hill fortress

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We often find ourselves captivated by the fortified towns depicted in movies like The Scorpion King, wishing for an opportunity to conquer one. Contrary to common belief, such forts do exist today, and for those eager to experience the thrill of conquering a fortress, Channarayanadurga offers a perfect opportunity.

Channarayanadurga is a hill fortress situated between Koratagere and Madhugiri in the Koratagere taluk, rising to an elevation of 3,734 feet above sea level. The fortress, skillfully fortified by Channappa Goud, the chief of Madhugiri, around the mid-17th century, provides a challenging ascent, creating a maze-like experience during the trek.

The multi-tiered fort lacks proper guidance, making the trek feel like navigating a labyrinth of doorways to reach the summit. The initial stretch involves a steep 60-degree ascent with no defined footsteps, and caution is crucial, especially during rainy days. However, the breathtaking views of nearby peaks add to the adrenaline rush, making the climb worthwhile.

Upon crossing the first doorway, the landscape transforms, revealing greenery, a small pond, and resting places.

Channarayanadurga is a hill fortress in Koratagere taluk

More doorways become apparent, along with the first glimpse of the summit. Careful navigation is necessary, as the fort's history, occupied by different rulers, led to the construction of secretive paths to thwart potential invaders. The fort holds historical significance, passing through various hands, including the Marathas, Rama Gauda, Haidar Ali, and Tipu Sultan.

Inscriptions of Maratha generals Sri Pant Pradhan and Madahava Rao Ballal Pradhan mark the entrance. Further ascent involves clearing bushes and climbing large stairs to reach the summit, providing an exhilarating experience and breathtaking views.

Descending from the hillock reveals caves and a temple, locally known as Murari Matha, housing revered 'padukas' and two samadhis of saint Murariswamy's disciples.

To reach Channarayanadurga, which is 104 kilometre from Bengaluru, two routes are available. The shorter route involves taking a right deviation from Dobbaspet, but due to ongoing road construction, an alternative route via Tumakuru-Madhugiri and Channarayanadurga is recommended.

Bengaluru beats Delhi to become car-buyers' hub

With count over 23 lakh, city manages to have highest number of private cars in country

Sridhar Vivan & Garima Prasher
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As of December 31, 2023, Bengaluru is grappling with a substantial volume of non-transport/private vehicles, reaching a staggering total of 1,01,37,181

Bengaluru has recently achieved the dubious distinction of having the highest number of private cars in the country, surpassing Delhi. This accomplishment evokes a mixture of celebration and concern. The surge in private car numbers signifies the city's growing affluent population, establishing itself as a significant economic powerhouse. However, this rise in private cars brings forth worries about heightened congestion, increased traffic jams, and escalating pollution. The pertinent data was disclosed in the Delhi Statistical Handbook 2023.

According to a Times of India report, Delhi, despite having initially recorded 33.8 lakh private cars, managed to reduce its count to 20.7 lakh by deregistering aged vehicles and scrapping many others. Bengaluru lacked a similar mechanism, resulting in a continuous influx of new cars. Consequently, our private car count has now reached 23.1 lakh.

If we look at the local records, as of December 31, 2023, Bengaluru is grappling with a substantial volume of non-transport/private vehicles, reaching a staggering total of 1,01,37,181. Among these, cars constitute 23,51,437, while two-wheelers make up a significant portion, totaling 76,77,541. The end of 2023 witnessed an additional influx of 42,575 non-transport/private vehicles onto the city's roads, with cars contributing 12,450 to this increment. The comprehensive count of both transport and non-transport vehicles stands at 1,14,28,331.

> **"Surge in number of cars causes traffic congestion. Delhi boasts an extensive Metro network, whereas Bengaluru is still catching up**
> – Raj Deep, citizen

Raj Deep, a businessman, said, "If we compare the populations of Bengaluru and Delhi, it's evident that the capital city is significantly larger than Bengaluru. Referring to the latest accurate data from the 2011 census, Bengaluru's population was 84.4 lakh, whereas Delhi's was 1.6 crore. While we lack the most recent data, estimates suggest that Bengaluru's population may have reached 1.2 crore, and Delhi's would likely have doubled. This indicates a growing purchasing power among Bengalureans. However, the surge in the number of cars on the road contributes to increased congestion. Delhi boasts an extensive Metro network, whereas Bengaluru is still catching up. Therefore, it is imperative for the government to take note and devise various solutions to promote mass transportation."

City-based environmental researchers and ecologists are drawing attention to the severe repercussions of the escalating number of vehicles on the city's roads. They stress that the transportation sector serves as a major contributor to the concentration of particulate matter (PM) 2.5, identified as the most harmful air pollutant. The surge in vehicle numbers, coupled with a decrease in average speeds, gives rise to traffic stagnation, resulting in a decline in air quality.

Traffic nightmare

Mobility experts voice concerns about the direct consequences of the high volume of private vehicles, highlighting that the observed increase in travel time is a direct outcome of worsening traffic congestion on the city's roads. The proliferation of private vehicles leads to heightened consumption of fossil fuels, elevated tailpipe emissions, and a subsequent deterioration of air quality.

Furthermore, experts observe that the city's focus on accommodating a growing number of personal vehicles is not without its drawbacks. They stress that the prioritisation of vehicular traffic compromises crucial pedestrian and social spaces, raising questions about the city's urban planning priorities and their impact on the overall livability of the urban environment.

Retd govt officials accused of using acid to kill trees

Officials from the forest wing of Bruhat Bengaluru Mahanagara Palike (BBMP) have registered a case against two individuals for allegedly attempting to destroy trees near the fort in Kalasipalya. The case was taken up after a local residents association raised an official complaint.

Officials said an FIR has been registered against the two who have been identified as retired government officials. Notices will soon be sent out to them, demanding their appearance during probe. As per KC Jagardhan of Bengaluru Fort Area Welfare Trust, the association had received over 20 saplings from the municipal body a couple of years ago, which were then planted across the pathway on Fort C Cross. The trees had grown over 20 feet tall. The suspects are now being accused of chopping the branches

from a tree while pouring acid on the trunk and roots of another two trees with the intention to kill them.

A local said the trust had taken up the planting on holidays. A few months ago, they had found that a tree had dried up, but they could not find out the reason for the damage. In December last year, they found that another tree had begun to dry up.

In the second week of the month, they found that an individual was pouring acid into the trunk and roots of the tree after midnight. A complaint was raised with the forest officials and the suspect was warned and let go. Locals then found the same person pouring acid over the tree on Thursday, so they urged the officials to take the matter seriously. A heated argument is said to have taken place between the public and one of the suspects on Friday morning. **— BMB**

Manja menace: Organisations give their all as lives hang by perilous threads

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TWEETS @BangaloreMIRROR

According to the Avian and Reptile Rehabilitation Center (ARRC) that initiated the SayNoToManjha campaign recently, over the past six years (2018-2023), a total of 10,226 manjha-related rescues have taken place.

Thirumalesh Sheshadri, Rescue Manager, ARRC, said, "Manjha, coated with crushed glass and metal, poses severe threats as it cannot only cut opponent kites but also cause harm to humans. Thousands of birds and numerous individuals fall victim to this lethal string each year, creating a pervasive issue in our city."

Various awareness programmes were carried out across the city.

Neelalochana Pujar, outreach coordinator, ARRC, said, "At ARRC we carried out a citywide SayNoToManjha campaign, where 500 auto-rickshaws in manjha hotspots carried posters displaying awareness messages. Encouragingly, increased awareness and proactive reporting of manjha cases have been observed. Awareness sessions were conducted in government schools and collaborating with shopkeepers to display awareness posters.

Apart from this, citizen testimonials documented, urging for stricter ban implementation and cleanup activities and awareness sessions to advocate for manjha-free skies was carried out at Lalbagh botanical garden on Sunday."

From the People For Animal (PfA) wildlife rescue hospital, over 1,934 birds were rescued and treated due to manjha injuries between 2019-2023.

Awareness programme held at Lalbagh on Sunday

About the various injuries caused by manjha to the birds, Colonel (Dr) Nawaz Shariff, chief veterinarian, of PfA Wildlife Hospital said, "Tragically, entangled birds often bear the brunt of severe injuries, manifesting as flight feather damage, bone fractures, head injuries from falls, and trauma to the neck and legs. Regrettably, a considerable number succumb to these injuries before we can intervene, while those who do survive face an arduous journey towards recovery. Sadly, a significant portion of these survivors, owing to the gravity of their injuries, are unable to regain flight, underscoring the challenging path many of these resilient beings must traverse."

> **"A significant portion of these survivors, owing to the gravity of their injuries, are unable to regain flight**
> – Nawaz Shariff, PfA

On what steps the state government could take to ensure there is a complete ban on these threads, Dr Shariff said the ban on manjhas was a commendable step. "However, the efficacy of this ban hinges on robust enforcement. The government must now intensify its efforts by implementing stringent penalties, enhancing surveillance, and collaborating with law enforcement agencies to ensure that those who flout the ban face strict consequences."

Stamped for life! Philately is passion, not just hobby

When Bengaluru-based paediatrician Ashish S Mallige ticked off Antarctica from his bucket list, his obsession for the continent took another turn. He became an obsessive collector of philatelic material.

Mallige, who served as a medical officer for the 39th Indian Scientific Expedition between 2019 and 2021, says it all began with the red box called 'Dakshin Gangotri Post Office'. "I was fascinated by it and purchased its first-day cover (FDC) as a souvenir, beginning my philatelic journey," adds Mallige.

Within a couple of years, he managed to collect enough material for a five-frame exhibit for the Karnapex 2024, Karnataka Postal Circle's statewide philatelic exhibition that was held in Bengaluru recently.

Although philately is considered a dying hobby, once bitten by the bug, philatelists seem to be more than willing to give their time and money to it. Entrepreneur Sushil Mehra, who has been collecting stamps for 50 years now and has won many awards – which include a gold and large vermeil at Karnapex 2024 for his Bengaluru picture postcards and decimals respectively – says he keeps his collection at his office and spends one to two hours every day organising it. "It is the best thing to do when I want to sort my mind," says Mehra.

Over 600 frames of stamps are on display at festival of stamps 'Karnapex-2024', at the 13th Karnataka state level Philately exhibition at Sree Kanteerava Indoor stadium on Friday

> **"Through stamps it is easy to figure out which disease burden each country is paying attention to – Syria, for eg, has issued many stamps on anti-smoking over the years**

Intensive care physician Pradeep Rangappa, whose Red Cross collection won a gold at Karnapex 2024, says philately helps him deal with his highly stressful job.

"It has also given me an understanding of the geo-political dimensions of healthcare policy making. Through stamps it is easy to figure out which disease burden each country is paying attention to – Syria, for eg, has issued many stamps on anti-smoking over the years," says Rangappa.

Philatelist and farmer, 52-year-old Daniel Monteiro from Kumbaragode village in Udupi, who started collecting stamps when he was in Class 5, says it was his fascination for peacocks that finally helped him find his focus – birds – and win awards at international level. "My most prized possession is an 1854 stamp, a swan issued by Australia. But my most interesting take away from being a collector is that the peacock may be our national bird, but India has issued far less stamps – about five – than other countries. But I have eight stamps on peacocks from China," says Monteiro. **PTI**

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I, Sonali Ashish Kar Age: 30 years W/O, Pratik Ganesh Wadgaonkar R/o C2, Classic Dew Dell, Doddakannelli, Bengaluru, 560035 have changed my name to Sonali Pratik Wadgaonkar. Vide affidavit dt:30/12/2023 Sworn before notary K.V.Mani, B'luru

I, RUTH MERLIN SHEEBA FREDRIC VIJAYA SHEKAR W/o Caleb Samuel Rozario R/at No.2310 Laureate Global, 16th Cross Road, Opposite to NIFD College Sector 1, VTC, HSR Layout Po, Bangalore-560102 have changed my name to RUTH MERLIN SHEEBA ROZARIO vide affidavit dated: 12/01/2024 Before Notary K.V.Mani Bangalore.

I, Gopalkrishna Shringeri Ganpathy Bhatta S/o Ganapathi Bhat Shringeri Shesh Bhat R/o No.10/A, 2nd cross, 2nd main, seven hills Lyt, Chikkalasandra, Subramanyapura, B'luru 560061 have changed my name to Gopalakrishna Bhat Shringeri Ganpathi Bhat Affidavit Dt.15/01/2024 notary Harisha G, B'luru

I Singh Avinash Dilip Kumar S/O, Rakhi Kumari R/o D-006, Ozone Evergreens, Haralur Road, Sarjapur Main Road, Bengaluru, 560102 have changed my name to Avinash Singh.

I Raghavendra Laxman Shettar R/O #29, 12th cross, Pipe Line, VTC: CholurPalya, PO: Magadi Road, District: Bengaluru North, State: Karnataka-560023, have Changed my Name to Raghavendra Shettar.

I Kuthappadi Narayanan Babu S/O, S Narayanan R/o # 351,30th Block,c P W D Quarters,koramangala Banglore,south Bangalore, karnataka-560034 have changed my name to K N Babu.

I Birjesh Devi W/O, Devender Sharma R/o 1760 2nd Floor,36th Cross East End A Main Road Near Curry Leaves Restaurant, Jayanagar 9th Block have changed my name to Brijesh Sharma.

I Santosh M S/O, R Muni Reddy R/o Hno 403 Adventist Enclave 3rd Cross Grace Town Hennur Bangalore 560043 have changed my name to Santosh M Reddy.

I, AMeen Siraj Ulla Khan S/o Sirajulla Khan R/o #1443 , 13th Cross, RK Hegade Nagar B'lore-560077 have changed my name to Ameen.

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I Mahesh S/O, Cp Gopimohan R/o Gomathi Heritage, #305, 1st Cross Kaggadasapura, Cv Raman Nagar, Bangalore - 560093 have changed my name to G Mahesh.

I Mohamed Ali Hussain Ali Mullan S/O, Hussain Ali R/o Zafreena Cottage No 590, kuzhikkunnu, kannur, kannur, kerala-670001 have changed my name to Mohamed Ali Mullan.

LOST & FOUND

KA bharinarana s/of anathapadmanbhaiya flat no 1085 8th floor new horizon gurukul scl prestige Sunnyside Oak bhoganahalli Bengaluru - 560103 Karnataka Have lost my sale deed ORIGINAL property document no LAG-1-07192-2019-20 REGISTERED FIR NO 0886459/2024 dated : 12/01/2024

PUBLIC NOTICE

1, **KRISHNA KUMAR V** S/o. Venkatesh B M, #44, 12th Cross, 1st Main, Maruthi Nagara, Yelahanka, Bangalore North, Bangalore having Sy. No. 3, measuring 3-20 acres, situated at Veerapura, Kasaba Hobli, Malur Taluk, bounded on the East by Gudnahalli Border, West by Land belongs to V.K. Ramachanraiah, North by: Tank Bund & Water Channel, South by: Lands belongs to V.K.Ramachandraiah & Ramalingam Modaliyar. The said poroperty Original Sale Deed which is in the name of my mother K.V.Gowramma dated: 14-01-98, Volume 1430, Pages 208-210, document No.2077 has lost near Chokkandahalli Gate on 23-11-2023 in Malur limits. If any person/s found the same, please handover to me immediately.
KRISHNA KUMAR, S/o. Venkatesh B M, #44, 12th cross, 1st Main, Maruti Nagara, Yelahanka, Bangalore North, Bangalore. **Mobile No. 63627 03365.**

What's happening to Shikaripalya Lake

CONTINUED FROM PAGE 1

diverted the water to the Maragondanahalli Lake.

Margondahalli Lake was rejuvenated by the same methods that are considered unscientific by lake experts and lacks a sewage treatment plant.

The rajakaluve connecting to Shikaripalya brings in sewage-mixed water and could overwhelm the Maragondanahalli Lake ecosystem.

With the inlet blocked and the outlet remaining open, water continues to flow to the lower lakes from Shikaripalya Lake, with only rainfall remaining as the source of replenishment.

"The lake is in terrible condition. Sewage water enters through the rajakaluve. For rejuvenation, filtration ponds were made as a means to filter the sewage. But during heavy rains, the system gets overwhelmed and starts waterlogging. To check the situation, some people broke the bund and water is being diverted to lower lakes. The lake is now drying up and it has become subject of misuse. People are dumping garbage in the lake and premises; the bunds constructed are being used as temporary roads by two-wheelers as shortcuts," said Ishan, a resident.

Residents added that STPs are needed at both lakes.

"It is a known fact that Electronic City does not have a proper Under Ground Drainage connection. Either, an STP needs to be provided or a proper UGD system needs to be in place. There should be a system to separate fresh rainwater from sewage," he added.

> **"The lake is in terrible condition. Sewage water enters through the rajakaluve. For rejuvenation, filtration ponds were made as a means to filter the sewage**

The rejuvenated lake does not have proper fencing in place to protect it from misuse. Lake experts BM spoke to said that criminal action should be taken against people behind such rejuvenation.

"Why was sewage being allowed to enter the lake? This kind of unscientific rejuvenation should be penalised. The honeymoon period for Shikaripalya and Margondanahalli lakes is over. Criminal cases should be filed by KSPCB against the people behind the rejuvenation alongside the sponsor. In the past, the KSPCB has registered criminal cases in such scenarios; the case of Chandapura and Bashettihalli lakes for instance. Action must be taken against responsibility under the Water Prevention & Control Of Pollution Act 1974 and KTCDA Act 2014," said lake activist Ram Prasad.

Section 12 of KTCDA Act, 2014, prohibits the discharge of untreated sewage into the take directly or indirectly.

12,850 sq km green cover lost in 50 years

CONTINUED FROM PAGE 1

Wildlife Sanctuary, Bandipur National Park, Nagarhole National Park, and Cauvery Wildlife Sanctuary," noted the order.

As per the IISc report, between 1965 and 2016, natural vegetation cover in the basin reduced from 28,194 sq km to 15,345 sq km. Across administrative divisions, Karnataka lost about 57% of the vegetation cover in the basin, Tamil Nadu lost 29% and Kerala lost 27%.

The land use analysis by IISc researchers also revealed the catchment is dominated by agricultural activities. While 73.5% of the area was found to be under agriculture and horticulture, 18% was forest cover, 3.65% was built-up area and 1.42% was area under water.

District-wise forest dynamics of the state showed while Hassan, Mandya, and Tumkuru have lost over 70% of the forest cover in the catchment over the past five decades, Chamarajnagar recorded the lowest forest loss (22%). The district had 2,351 sq km of area under forests in 1966 and it went down to 1,832 sq km in 2016.

In the report, researchers noted that unabated deforestation, global warming, and water vulnerability are major threats to the sustenance of water availability in the Cauvery basin.

HEALTH TIP: Ensure a balanced diet with fiber-rich foods like whole grains, fruits, and vegetables as a healthy gut contributes to a robust immune system

Turmeric is among the oldest remedies used to soothe a sore throat

BangaloreMirror | 9
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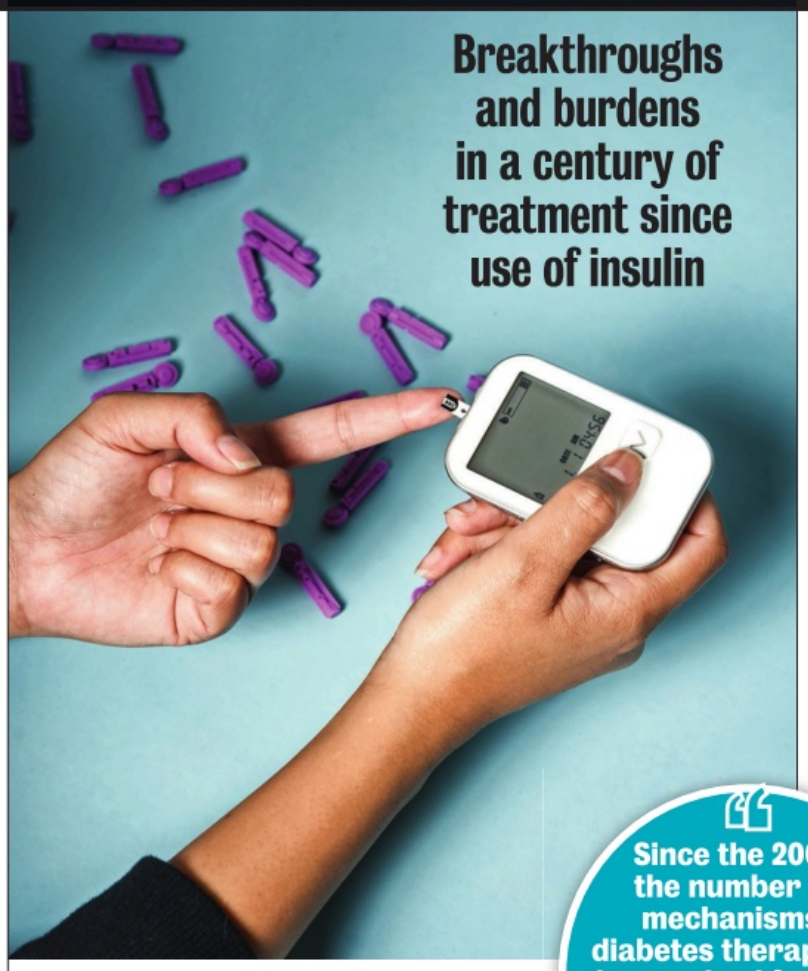
DIABETES TRACKER

Breakthroughs and burdens in a century of treatment since use of insulin



Since the discovery of insulin, diabetes treatment has made huge advances, but the condition has grown into a global killer.

Leonard Thompson was 14 when he made history. The Canadian teenager was on his deathbed, drifting in and out of a coma in a Toronto hospital in 1922, when he became the first person to receive an insulin injection to treat diabetes.

It worked. Leonard lived for another 13 years. Insulin became the mass-produced, go-to treatment for millions suffering a disease that had been identified by the ancient Greeks but until then had no effective treatment.

A group of researchers at the University of Toronto — Frederick Banting, Charles Best, James Collip and JJR Macleod — perfected the novel technique that extracted and then purified animal-sourced insulin, the pancreatic hormone that they proved regulated blood glucose levels. Banting and Macleod won the Nobel Prize for their discovery.

While the centenary celebrations of insulin's discovery were muted by the covid-19 pandemic, the moment allows for reflection on the current state of diabetes.

The term 'diabetes' was first used around 250BC and applied to a constellation of symptoms, including sweet urine and unexplained weight loss, that caused lethargy, coma and death.

The core pathophysiology of diabetes mellitus is elevated blood glucose levels, typically due to either absolute insulin deficiency (seen as type 1 diabetes mellitus) or overweight and obesity causing resistance to the actions of the body's intrinsic insulin (seen as type 2 diabetes mellitus).

At the time of insulin's discovery, diabetes mellitus was mostly seen in the industrialised North. Cases were predominantly type 1 diabetes, which meant it was amenable to treatment by insulin therapy.

Over the past century, however, with the rising global obesity epidemic, the burden of diabetes has come to be dominated by type 2, and a truly international problem. In the past two decades, it has become one the world's leading causes of morbidity and early mortality.

Since insulin's discovery, greater understanding about diabetes' pathophysiology has helped diabetes therapies move on from only insulin to oral agents that stimulate insulin release or reduced insulin resistance, so that diabetic comas, even if not fully preventable, have become survivable.

But as the incidence of type 2 diabetes skyrocketed, brought on by a global epidemic of overweight and obesity, it became increasingly evident that these therapies focusing on reduced blood glucose levels did not directly reduce cardiac and renal complications linked to diabetes. As a result, they had a blunted impact.

Since the 2000s, the number and mechanisms of diabetes therapeutics has evolved from just targeting blood glucose levels to more novel agents, such as those that look at diabetes' sine qua non of sweet urine, or gut-focused agents that target appetite and satiety.

> **Since the 2000s, the number and mechanisms of diabetes therapeutics has evolved from just targeting blood glucose levels to more novel agents**

For the former, the renally acting glucose-sodium transport agents, clinicians were for the first time presented with convincing evidence of a diabetes-related therapy that actually reduced cardiac and renal hospitalisations and deaths.

The the latter gut-focused incretin agents, working on neuroendocrine hormones found in the gut and brain, have proved so powerful in their impact on weight loss that for the first time there are medications that can potentially reverse type 2 diabetes.

However, these newer agents are costly and difficult to manufacture and distribute, which affects their availability and accessibility, especially for lower-income people and countries. On top of that, wealthy countries now hoard incretin agents for predominantly aesthetic or cosmetic reasons, rather than their capability as powerful treatments for diabetes.

More positively, potentially effective and low-cost public health strategies – mandated food labelling; promotion of healthy diet, activities and lifestyle; and childhood and early education obesity prevention strategies – have become more widely adopted.

In urban environments, prioritising public transport, pedestrians and cyclists over private vehicles and implementing public taxation policies for energy-dense beverages and foods have all had success in various jurisdictions in moderating the rise of overweight and obesity and type 2 diabetes, including in Mexico, South Africa, the US and the UK.

Indeed what is striking is the relative success of the Global South in implementing many of these interventions, compared with Australia, which only launched its national comprehensive strategy in 2022.

Since Leonard Thompson and the team of Toronto researchers made history in 1922, the burden of diabetes mellitus has increased markedly and spread to where it is among the leading global health concerns.

Yet alongside this challenge has been a growing public awareness of the drivers of this increased prevalence, the development of medical therapies that for the first time reduce the mortality of diabetes' associated complications and can potentially put type 2 diabetes into remission, and an increasingly sophisticated public health response that looks at a multi-sector and multi-system approach to reduce the underlying cause of type 2 diabetes.

Still, significant obstacles remain in the cost and accessibility of the most advanced therapies and in the willingness of governments to implement an effective public health response.

(By Namson Lau, UNSW, 360info.org)

MIRRORLIGHTS

Study finds new immune cell that attacks, eliminates cancer, Covid

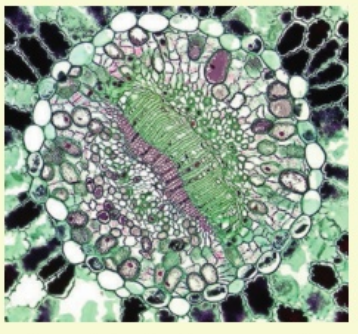
Researchers have discovered a type of immune cell in the human body known to be important for allergy and other immune responses that can also attack and eliminate cancer and fight viruses like SARS-Cov-2, that causes Covid-19 infection.

These cells, called human type-2 innate lymphoid cells (ILC2s), can be expanded outside of the body and applied in larger numbers to overpower a tumour's defences and eliminate malignant cells in mouse models with cancer, according to the preclinical research published in the journal Cell.

"We have identified human ILC2 cells as a new member of the cell family capable of directly killing all types of cancers, including blood cancers and solid tumours," said Jianhua Yu, Professor in the Department of Hematology & Hematopoietic Cell Transplantation at City of Hope, California, US.

"In the future, these cells could be manufactured, preserved by freezing, and then administered to patients. Unlike T cell-based therapies like CAR T-cells, which necessitate using the patient's own cells due to their specific characteristics, ILC2s might be sourced from healthy donors, presenting a distinct potential therapeutic approach as an allogeneic and 'off-the-shelf' product," Yu added.

In a previous research focussed on mouse cells, ILC2s had not consistently shown promise when tested for their cancer-killing abilities.



IANS

MIND, BODY & HEART

All you need to know about...

Antipsychotic drugs

Risks associated
The use of the antipsychotic drugs, quetiapine and haloperidol, is associated with an increased risk of ventricular arrhythmias and sudden cardiac death (SCD) caused by a drug-induced heart rhythm disorder, according to a study.

Caution advised
In the study, published in the journal Heart Rhythm, researchers advised caution to manage cardiac risks in patients prescribed these medications. The risks of cardiac conditions associated with the use of antipsychotics have been a concern for the last 30 years. Drugs have previously been either removed from the market or had their use restricted due to an unacceptably high risk of lethal ventricular arrhythmias.

Increased risk of SCD
Drug-induced cardiac arrhythmias, but remain an important clinical issue because there are drugs that raise the risk of SCD, but they remain in the market as they serve an important clinical need, and there are no safer alternatives.

Heart rhythm disorders
"Of the 41 drugs in the market in the US that are listed as having known risk of heart rhythm disorders, five are antipsychotic drugs, the mainstay of treatment for schizophrenia and psychosis," said Jamie Vandenberg, Victor Chang Cardiac Research Institute, in New South Wales. "The use of antipsychotic drugs is associated with a nearly two-fold increased risk of sudden cardiac death. If we cannot eliminate this risk, then at the least, we need to minimise the risk by identifying patients at highest risk and managing them closely," he added.

Closely monitoring
The findings stressed the importance of closely monitoring patients receiving these medications.

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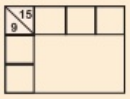
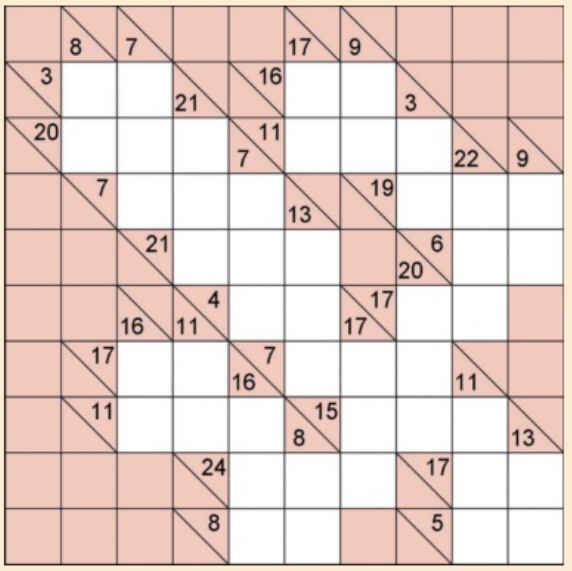
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

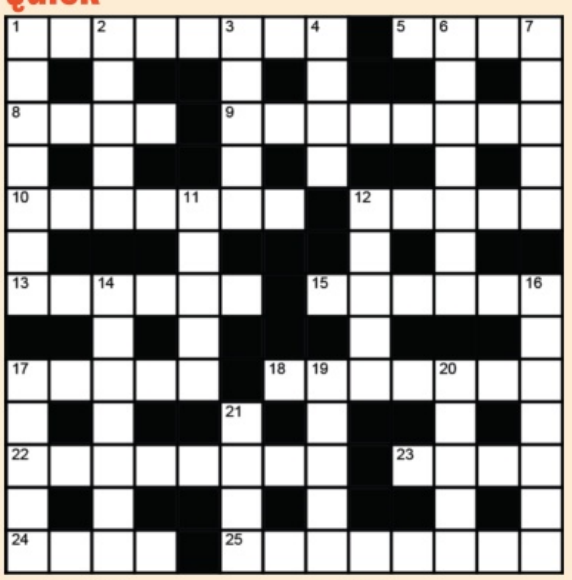


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Draws to oneself (8)
5 Musical phrase (4)
8 Distinctive doctrines (4)
9 Fatherly (8)
10 Unrolls or unfolds (7)
12 World's deepest river (5)
13 Ripen or mature (6)
15 Cropped up, came about or transpired (6)
17 Atmospheric gas (5)
18 Commendation (7)
22 Chess champion Garry ___ (8)
23 Flying insect (4)
24 Hurry (4)
25 Eccentric persons, geeks? (8)

DOWN

1 Sobriquets (7)
2 Less feral (5)
3 Managed but not without difficulty (5)
4 Location (4)
6 Team's turn to bat (7)
7 Leaf of paper etc. – "I fool" anagram? (5)
11 Over, on top of (5)
12 Preposition meaning about (5)
14 Alarms or stimulates (7)
16 V-shaped cuts (7)
17 ___ Hills: Bangalore's highest point (5)
19 Enraged (5)
20 Drily witty (5)
21 Golden Fleece ship (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS G

NOXUZ XG JIU GIWVUZXJF UI FAOGE, XU XG O GUOUV UI FAIB XJUI.

Linemaro

You make babies smile

Mindchow

Martyrdom covers a multitude of sins

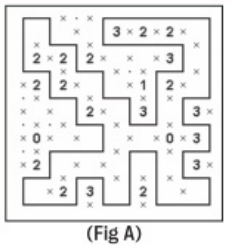
Joke of the day

Militant feminists; I take my hat off to them. They don't like that

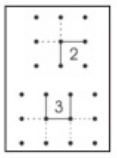
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

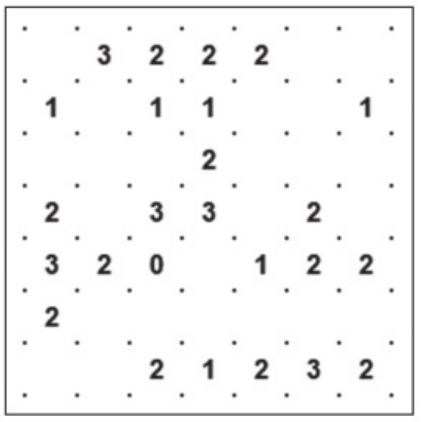


(Fig B) Not Allowed

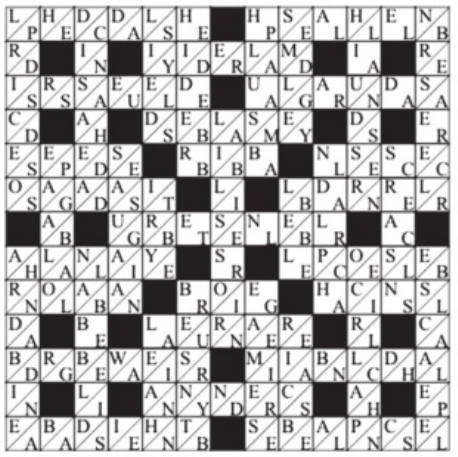
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



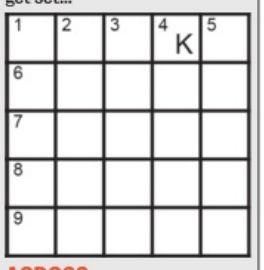
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

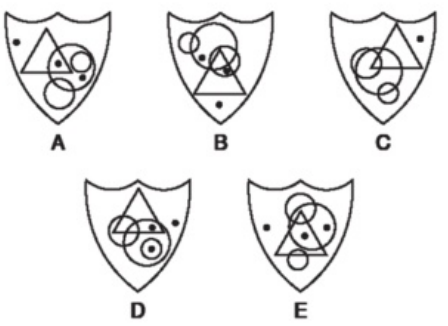
1 Skats; 6 Marie; 7 I rob I; 8 Lemon; 9 Be pro

DOWN

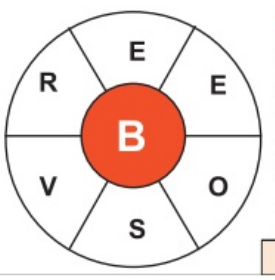
1 To RPM; 2 A err I; 3 Moils; 4 OK Bab; 5 Seen I

Mensapuzzle

Which shield below has most in common with the shield on the right?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; **05** Good; **07** Outstanding

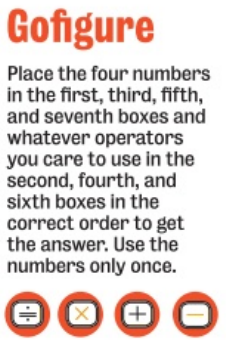
SudokuChallenge

	1		2		6		3	
		5				8		
	9		5		4		6	
	7		9	6	1		4	
9								6
	8		7	2	3		5	
	4		3		5		1	
		9				4		
	6		8		9		7	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

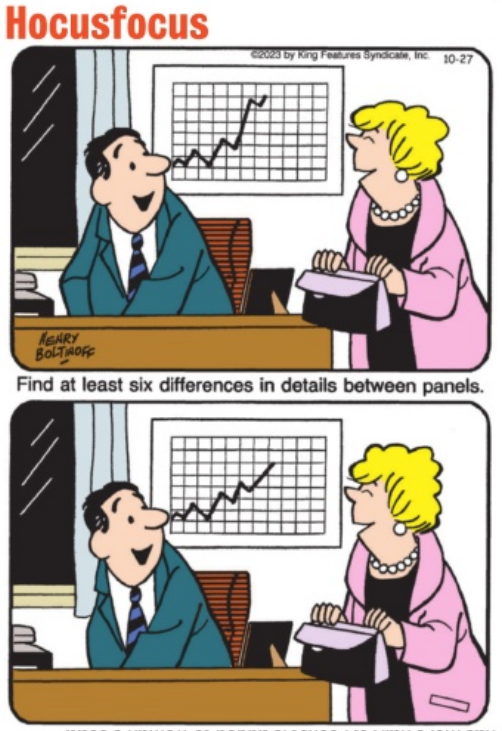


Easy = 10
3 3 4 8

Medium = 8
3 3 6 8

Hard = 4
2 7 7 6

Hocusfocus



Find at least six differences in details between panels.

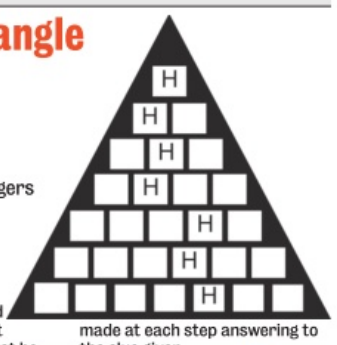
Differences: 1. Line on chart is different. 2. Tie is different. 3. Man's arm is not showing. 4. Window is smaller. 5. Woman has more hair. 6. Pocket is added to woman's coat.

Riddler

You are blindfolded before a table. On the table are a very large number of pennies. You are told 128 of the pennies are heads up and the rest are tails up. How can you create two subgroups of pennies, each with the same number of heads facing up, while remaining blindfolded?

Alpha triangle

1 8th letter
2 Coll. greeting
3 Greek letter
4 Dimple site
5 Nook or recess
6 Twelfths of a foot
7 Squeezes with fingers



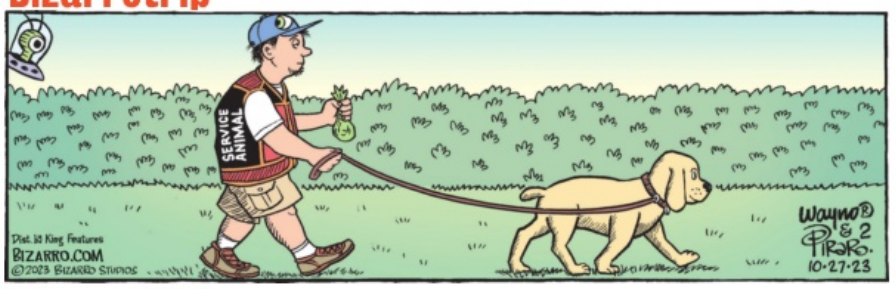
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip



Diamond Lil

Hart of the city

HEY, JEN! I HAVE A BUNCH OF THESE FURBYS. ARE THEY WORTH ANYTHING?
WELL, SINCE THEY'RE NOT IN THEIR ORIGINAL PACKAGING...
AND THIS ONE LOOKS LIKE IT'S BEEN CHEWED ON...
THESE ARE WORTH NOTHING.
WHAT?!

Crankshaft

SO YOU'RE SERIOUS ABOUT BUYING MONTONI'S AND RUNNING IT?
YEAH... I'VE KIND OF SOURED ON THE COMIC BOOK BIZ.
BEEN THERE... DONE THE THERAPY!
tombatiuk.com/books
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel dull; you may feel some negative vibrations around you. Your focus may not be good, and you may not give your output to your work, which may lead to confusion. Investments related to business or buying new assets are advised to postpone. You are advised to postpone starting a new business for a while. Natives who are on the job may plan for some short-term courses or higher education to enhance their career.

Taurus Apr 21 – May 20
Today, you are advised to avoid hurrying. You should also drive safely. But with the blessing of the stars, you may come out of your problems. You may be more romantic in your personal life, and harmony in your domestic life may come. You may expect some positive results from partnerships. Lovebirds may plan to get married soon. There may be some good news for students.

Gemini May 21 – Jun 21
Today, you may be courageous and may feel energetic, which may show in your way of working. You may have a good focus on your goals. You are likely to have some short travel, which may increase your network. You are advised to avoid harsh conversations with the spouse; it may create a lack of harmony in domestic life.

Cancer Jun 22 – July 23
Today, you may spend money on your family. It may affect your financial health. You are advised to avoid spending money on worthless things. You are advised to read documents twice before signing. It is advised to control your straightforwardness to maintain harmony in your domestic and professional lives. Dentists, motivational speakers, and call centre executives may do better.

Leo Jul 24 – Aug 23
Today is a good day in terms of gains. You may get results with less effort. Your losses may be converted into profits with the help of your wisdom. You may plan to upgrade yourself by taking an academic course. You may donate some amount to a religious place or charity. You may also help a needy person. Some investment in intellectual assets may be possible. Students may do better.

Virgo Aug 24 – Sep 23
Today, you may feel dull, and you may have some health-related issues. Chronic diseases may reappear. You are advised to avoid rash driving and hurrying. You advised to avoid conflicts with the business partner, so avoid taking important decisions in terms of business. Investments in business or work are advised to be postponed. With the blessings of the elders, by late evening, things may be under control.

Libra Sep 24 – Oct 22
Today you may be blessed by your destiny; your postponed projects may be started now. With the help of the elder's blessings, the messy situation is now under control, which may speed up your project. Disputes between family members are likely to be resolved, which may increase domestic harmony. Your creativity may be improved now into artefacts. You may be attracted to glamour.

Scorpio Oct 23 – Nov 22
Today is a good day. You are enthusiastic today. With the help of good focus, you may perform well in business and at work. Your boss may be supportive, and you may get some new responsibilities in terms of promotion. There may be some visits to religious places. It is advised to avoid arrogance in your love life.

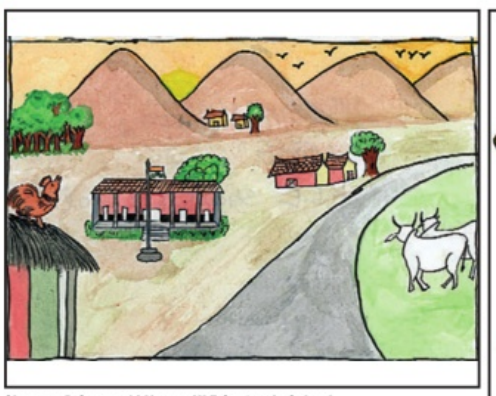
Sagittarius Nov 23 – Dec 22
Today you are blessed by the moon; your destiny is with you, and your postponed projects are likely to be started now. You may have the elder's blessings, which may help you come out of the messy situation and may boost the speed of your work. Domestic harmony may make you happy after resolving some disputes between family members. Your creativity may be improved now, and artefacts, movies, and glamour may attract you.

Capricorn Dec 23 – Jan 20
Today, you may feel dull. Overworking may make you tired mentally. You may try to ignore your responsibilities. A lack of patience may make you arrogant. It may affect your professional and personal lives as well. There may be some arguments with your spouse, and you are advised to tackle the situation patiently; otherwise, it may affect your respect in society.

Aquarius Jan 21 – Feb 19
Your destiny may be with you; time is favourable today. You may have ample opportunities. You may create new contacts. Your wisdom may help you implement new creative plans in your work. Your dignity may be increased. There may be some plans in your mind to spend money on renovating or rebuilding your house or office. Your investments in fixed assets may pay you in terms of profits.

Pisces Feb 20 – Mar 20
Today, you may dedicate your time to doing something creative. You may plan to rebuild your house or workplace. Your creativity and in-depth knowledge may help you implement your plan. You may interact with new people at your workplace in terms of a new contract. A job seeker may get a new job. Students are advised to avoid speculation in their studies.

KIDZONE



Shravan P Gupta, 14 Years, KLE Society's School

Sameer Manvi, 9 Years, Sri Vani School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
500÷5×3 = 100×3 = 300

RIDDLER Create a subgroup of any 128 pennies. Then flip over all 128. That group of 128 and the group of all the remaining pennies will have the same number of heads facing up. This works because the "tails" that you grab while making your subset of 128 will equal the "heads" that are left in the original pile. Once you flip your 128 coins over, these "tails" will turn into "heads" and the two groups will have a matching number of heads-up coins

BULL'S EYE
beer, bore, obese, OBSERVE, robe, sober, VERBOSE.

FAST FIVE

T	A	S	K	S
R	I	M	A	E
O	R	I	B	I
M	E	L	O	N
P	R	O	B	E

STRIKE OUT

P	E	D	D	L	E	P	E	A	H	E	N			
R	I	V	I	E	L	D	I	E						
C	H	S	E	A	M	Y	D	R						
I	S	S	U	E	D	U	G	A	N	D	A			
R	I	S	E	A	N	D	I	R						
I	S	M	S	P	A	T	E	R	N	A	L			
A	E													
L	O	N	G	I										
A	T	T	R	A	C	T	S	R	I	F	F			

QUICK

R	U	S	H		O	D	D	B	A	L	L	S		
A	E		G	I		L	E							
K	A	S	P	A	R	O	V		M	O	T	H		
M	U		A	I		R	C							
O	Z	O	N	E		P	L	A	U	D	I	T		
	R		V		C			D				O		
S	E	A	S	O	N		A	R	I	S	E	N		
E		B		I		G								
S	P	R	E	A	D	S		C	O	N	G	O		
A	E		E		I		I					I		
I	S	M	S		P	A	T	E	R	N	A	L		
C	H		S	E	A	M	Y		D	R				
I	S	S	U	E	D		U	G	A	N	D	A		
B	R	E	W	E	R		M	A	N	C	H	A		
A	B		L	U	N	A	R		L		C			
R	O	A	N		B	O	G		H	I	S	S		
A	L	L	A	Y		R		E	C	O	L	E		
	B		G	R	E	E	N	E	R		A			
S	A	D	A	T		L		B	A	R	E	R		
E	P	E	E		R	I	B		L	E	S			
C	H		S	E	A	M	Y		D	R				
R	I		Y	I	E	L	D		I		E			
T	I	S	S	U	E	D		U	G	A	N	D	A	

GO FIGURE
3 + 8 − 4 + 3 = 10
Easy
3 + 3 / 6 x 8 = 8
Medium
7 − 2 + 6 − 7 = 4
Hard

ALPHA TRIANGLE
8: it has three circles of differing sizes, one triangle, one dot out on its own, one dot in the large circle only and the other dot in the middle-sized circle and triangle.

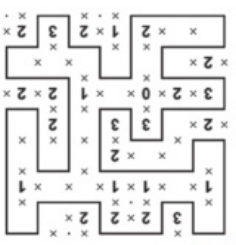
QUOTE UNCODE
Faith is not something to grasp, it is a state to grow into.

SUDOKU

8	1	4	2	9	6	5	3	7
6	2	5	1	3	7	8	9	4
3	9	7	5	8	4	1	6	2
5	7	2	9	6	1	3	4	8
9	3	1	4	5	8	7	2	6
4	8	6	7	2	3	9	5	1
2	4	8	3	7	5	6	1	9
7	5	9	6	1	2	4	8	3
1	6	3	8	4	9	2	7	5

MENSA PUZZLE
Faith is not something to grasp, it is a state to grow into.

LOOP



KAKURO

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SANDALWOOD SHOTS
Y MAHESWARA REDDY

In summary

One more actor joins the list of actors to become directors in Sandalwood. Surya Vasishta, who has been associated with Sandalwood since 2008, debuts as a director with Saramsha (meaning in summary).

The shooting of the movie was held in Bengaluru and a few locations in the state.

"I began my career as an assistant director in 2008. I acted in movies such as Tamassu, Lucia, U Turn, Badmash, Gantu Moote, and Shivaji Surathkal. In this film, I also play one of the four important characters," says Surya.

The movie revolves around the four characters played by him, Deepak Subrahmanya, Sruthi Hariharan, and Swetha Gupta. "I was part of the team that conducted auditions to select the cast for the movie Tamassu. The process gave me an idea to write the script for this movie. I was waiting to direct a movie based on this script for all these years. I am happy to have realised my long-cherished dream," said Surya, adding the movie belongs to the magical realism genre.

Roopa Rao and Surya have written the film's dialogues. It also features Asif Kshatriya, Ravi Bhat, Ram Manjunath, Satish Kumar, Prithvi Banavasi. The movie has three songs and Udit Haritas has scored its music.

Ready for release

Devadas Kapikad, a well-known director of Tulu film industry, debuts as a director in Sandalwood with Purushothamana Prasanga. The movie bankrolled by V Ravikumar under the Rashtrakuta Pictures banner is ready for release next month.

"I have helmed nine Tulu movies till date. Purushothamana Prasanga is my first Kannada movie. I thank producer Ravikumar for giving me an opportunity to direct this movie that is based on a real incident. The movie is for family audiences," said Devadas.

Appreciating Ajay, who plays the lead in the movie, Devadas said he was impressed by Ajay's acting skills. "He joined a film institute abroad to learn the nuances of acting. My son Arjun worked as associate director for this movie. I have also acted in the movie," the director said. Rishika Naik is paired opposite Ajay. The movie features Naveen Padil, Aravind Bolar, Bhojaraj Vaamanjur. It has four songs. Nakul Abhayankar has scored music while Jayanth Kaikini, Doddarange Gowda, V Nagendra Prasad and Devadas have penned the lyrics. "The shooting was held in Dubai and Mangaluru. The movie is scheduled for release in the second or third week of February," the director said.

Deepika's look in the film Fighter

Gobsmacked hubby

Makers of the aerial action thriller film 'Fighter' starring Hrithik Roshan and Deepika Padukone finally unveiled the film's much-awaited official trailer on Monday.

Helmed by Siddharth Anand, the film stars Anil Kapoor in the lead role.

Taking to Instagram, Deepika shared the trailer which she captioned, "#FighterTrailer Out Now! #FighterOn25thJanuary releasing worldwide.Experience #Fighter on the big screen in IMAX 3D."

Soon after she dropped the trailer, her friends, family and fans swamped down the comment section and shared their reactions.

Deepika's husband and actor Ranveer Singh commented, "ABSOLUTE FIRE!!!! (multiple fire emoticons)What a trailer!!!! Stunning!!!! I'm gobsmacked!!!!! All the best Team fighter!!!! "

Hrithik's father and filmmaker Rakesh Roshan wrote, "Super."

–IANS

Fitness advice

Rashmika Mandanna shares mantra to stay fit when older

Actor Rashmika Mandanna gave a sneak peek into her workout session, emphasising the importance of stretching.

Rashmika took to her Instagram story to drop a picture of her stretching routine. She wrote, "Don't forget to stretch !! It's good for your body and you'll be doing your older self a favour So don't forget to stretch, ok, good morning everyone!"

In the picture, the 'Pushpa' actor wore a black top with red shorts.

Rashmika encouraged her fans to follow stretching to stay fit.

Rashmika is currently flying high on the success of her recently released action thriller 'Animal'. Helmed by Sandeep Reddy Vanga, the film also starred Ranbir Kapoor, Bobby Deol, and Anil Kapoor in the lead roles.

'Animal' is one of the most successful films of 2023.

The film left many fans excited as it had a post-credits scene, teasing a sequel titled 'Animal Park', in which Ranbir would potentially have a double role.

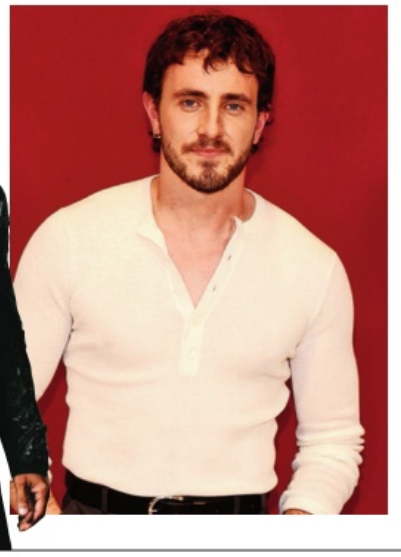
Actor takes to her Insta page to show us how to have a stretching routine like a pro, advising her followers that they do it for their older selves

And now makers have officially confirmed the film's sequel with an Instagram post on T-Series' handle.

Rashmika made her acting debut with the Kannada film Kirik Party (2016). The film was directed by Rishab Shetty.

In the coming months, Rashmika will be seen in the pan-India film 'Pushpa 2'. She also has 'Chaava' in her kitty. 'Chhaava' is all set to hit theatres on December 6, 2024.

Reportedly, the film is a historical drama centred around Chhatrapati Sambhaji Maharaj, the son of Chhatrapati Shivaji Maharaj. –ANI



Paul Mescal will get 'profoundly depressed' if megastardom comes

Actor Paul Mescal will get "profoundly depressed" if 'Gladiator 2' propels him to megastardom. Asked if he is prepared to become one of the most famous men on the planet with the film, as happened to Russell Crowe when the original movie was released, Mescal told Sunday Times Culture magazine: "I don't know what the difference will be. Maybe that's naive. Is it just that more people will stop you in the street?

"I'd get profoundly depressed if that's so and hope it isn't true. I'll have an answer next year, but if [the film] impacts my life in that way, I'll be in a bad spot."

He joked he'd need to follow the movie with something "obtuse" to get balance back in his life. He added: "I'd have to move on and do an obtuse play nobody wants to see."

The 'All of Us Strangers' actor isn't interested in leading a celebrity lifestyle, closed off in VIP areas because he think it would make him "boring", reports femalefirst.co.uk. He explained: "Then you'd see yourself as somehow different and I don't want to do that. I'd just get too bored.

"I don't want to close myself off to going out and meeting someone in a bar, or getting drunk at a party. That would turn me into a boring human. "It would be dangerous to start wrapping yourself in cotton wool and not be out in the world, through fear." –IANS